

## **ACTIVITIES:**

### **B- New Food -- Can You Guess What's in the Bag??**

-Fill "Fruit & Vegetable Guessing Bag" with an unusual fruit or vegetable that could be used in their school lunch programs and can also be taste tested.

*Examples: jicama, star fruit, sweet potatoes, dried cranberries, squash, cantaloupe, sugar snap peas, apricots, cauliflower, mushrooms, red peppers...*

-Point out the following lists located in the *Meal Appeal* manual that can be used as a reference in selecting an item:

- ✓ "Fruits & Vegetables by Color Category" on page 46
- ✓ "Seasonal Fruits and Vegetables" pg. 50
- ✓ "Fruit and Vegetable Sources of Vitamins" pg. 43

-Place paper or streamers in bag, a sufficient amount to hide the product.

-Pass around the bag and let participants feel inside. Do not let them try to guess what produce is inside until everyone has had an opportunity to reach in the bag. Then ask them to guess what it is. Have samples cut up so they can also taste the fruit or vegetable.

-Ask them if they had fun doing this exercise, if it generated excitement and sparked their curiosity. Ask the group if they think it would be an idea they could use when meeting with students to discuss adding new or different fruits & vegetables to their school lunch and/or breakfast programs.